



Gourmet-burger bliss

More upscale hamburger joints are coming to town to satisfy our cravings PAGE 3

THERE'S NO PLACE LIKE HOLMES

AFTER LANDING THE PRIZED POST-SUPER BOWL SLOT, WHAT'S NEXT FOR SHERLOCK AND JOAN ON THE CBS HIT ELEMENTARY? PAGE 9



Tuesday, February 5, 2013



News worth sharing.

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Life without the penny



The iconic copper penny is now a relic, as the federal government has stopped minting the one-cent coin. Although some lament the penny's demise for sentimental reasons, others suggest it's time to ditch the nickel as well. JEFF HARPER/METRO

Money matters. Locals celebrate and lament demise of one-cent coin



HALEY RYAN haley.ryan@metronews.ca

The penny has dropped, and there's no picking it back up. Distribution of the one-cent Canadian coin ended Monday, signalling the end of a copper-coloured era and the beginning of rounding up or down to the nearest five-cent mark. "There will probably be a little bit of confusion," said Mike Hammoud, president of the Atlantic Convenience Stores Association. The adjustment is "going to be an issue for sure," he said, adding it will take

Quoted

"You could see the writing on the wall. You could see the penny would be phased out."

Mike Hammoud, Atlantic Convenience Stores Association president

a few weeks for businesses to run out of pennies — and consumers to notice the difference. He asked that people be patient during the transition, and understand small businesses aren't trying to "scam" anyone out of their pennies. "There is some meaning behind this," Hammoud said. "The government's going to save a few million dollars implementing this program." Mike Habib, owner of Jubilee Junction Convenience,

said the rounding off is not going to make a difference in business "at all." "It's not earth-shattering," he said. "It's going to be hard on the penny-pinchers. Those are the only people it's going to affect," Habib said. Steve-O-Reno's Cappucino tweeted Monday morning: "We are thrilled to say goodbye to the penny today!" Barista Debra McDonald said staff there have been rounding transactions up or down for the past few months, saying it's "just easier." "No one wants pennies for tips," she said. "We won't miss them at all." Under the suggested guidelines, transactions ending in 1 or 2 are rounded down to 0; those ending in 3, 4, 6 or 7 become 5; and 8 or 9 is rounded up to 10.

We asked how people felt about the demise of the penny, and here's what they said:

On Twitter:

- @ianayles: How will I ever give my 2 cents worth again?? #copperstopper
@Zaedum: It isn't enough. We need to alter our currency to the dime, fifty cent piece, and dollar. It's time

and makes sense. #change

- @kaatiefanning: now what's going to bring us luck when we find it on the ground?!

On Facebook:

- Taggart Romkey: The penny needed to be retired. It was a

relic of a bygone era.

- Jonathan Hodder: Now how am I going to save pennies for a rainy day ...

- Melanie Hawkins Duffy: I'm saddened to say goodbye to the penny... I'm already feeling nostalgic.

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Various collections

RCMP add new items to website of stolen artifacts

RCMP investigators have added new items to a website showcasing stolen artifacts recently seized from a Fall River home.

The Street Crime Unit found more than 1,300 items,

believed stolen from universities, museums and private collections across Atlantic Canada.

A release from the RCMP says determining ownership could take weeks or months.

Members of the public are asked to visit the RCMP in Nova Scotia website to view the seized items.

Anyone who recognizes an item is asked to call 902-426-1607. **METRO**

Search on for suspect

Woman threatens security guard with dirty needle: Cops

Halifax Regional Police are looking for a woman who allegedly used the spectre of an HIV-infected needle to steal groceries in Dartmouth.

A robbery in progress was reported at the No

Frills location at 118 Wyse Rd. around 2:45 p.m. Sunday.

A woman left the store without paying for several items, and when a security guard confronted her, she threatened to stab her with an HIV-contaminated needle, police said, adding that the woman didn't produce the needle, and it was never seen, but she left on foot with the stolen goods.

METRO

Flipping gourmet burgers big business in Halifax

'Consumers are winning.' More gourmet burger joints coming to packed Halifax market



HALEY RYAN

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Halifax is flipping for gourmet burgers, and one expert says it's the urge to splurge that keeps people coming back for more.

The burger trend continues this year with Crispy Crispy and The Works Gourmet Burger Bistro expected to open in the next few weeks, adding to a menu that already includes Relish, Darrell's, Flipburger, Cheese Curds and Ace Burger Co.

Ed McHugh, a business faculty member with Nova Scotia Community College, said premium burgers offer an enticing, decadent, "counter-revolutionary" feel.

"Everyone talks the talk about how we all like to eat healthy and stay active, but here's something flying totally in the face of that

trend," he said.

Although these dishes are pricier than fast-food offerings, McHugh said that's part of the attraction.

"We all like to splurge. We're a consumer-based society, we like to spend and when we spend it makes us feel good," McHugh said.

George Christakos, co-owner of Ace Burger in Gus' Pub, said consumers who spend a little more for the gourmet burger are making a choice to invest in the local economy.

"You decide on what places stay in business, what food chain you're supporting. When you buy an Ace burger, you're supporting Stone Hearth Bakery ... or Getaway Farm," he said.

"Whether you're buying a burger from us or ... other competition, it's like, where is this dollar going? How many positive cash registers are you ringing?"

But McHugh said the gourmet burger trend might end in a couple years.

"There will be winners and losers," McHugh said. "There's only so much room at a higher price point ... but for now consumers are winning with choice and variety."



Josh Nordin of Ace Burger shows off the Deluxe Burger on Monday. Gourmet burger joints like Ace Burger have boomed in Halifax over the last 18 months, with more still to come. **JEFF HARPER/METRO**

1 NEWS



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African Heritage Month should have longer reach, author says

Recommended reading? Black History expert suggests making African Nova Scotian history part of high school curriculum

MARIKA MCKENZIE
halifax@metronews.ca

A well-known RCMP officer, author and educator on Black History says African Heritage

Month events may only last 40 days — but education about African Nova Scotian history should occur all year.

RCMP Sergeant Craig Smith of Halifax will hold a Q&A Tuesday evening at the Spring Garden Road library as part of the 2013 African Heritage Month.

He said he's looking forward to the day that there isn't a need for the annual event.

"At some point, it would be nice that we look at Black History Month as not being an event, but that we celebrated the history all year round," said

Craig Monday.

The theme of the 29th annual African Heritage Month is "Then and Now: Our Journey Continues."

The theme echoes the focus of Smith's latest book, *The Journey Continues: An Atlantic Canadian Black Experience*, celebrating the contributions of African Nova Scotians.

"To me it is a then-and-now," said Smith. "It looks back at our history and then it looks at the journey along the way to present day and all the different things that should be cele-

brated and acknowledged. So it creates greater understanding amongst all Canadians."

Smith's book has been introduced into the curricula for Grade 8 social studies and Grade 11 Canadian studies in Atlantic Canada. He said making African Nova Scotian history part of every high school could help bridge existing cultural and racial divides.

"I think that it at least helps to chink away at the armor of racism," he said. "It helps to knock out one or two of the bricks in the wall."

Events

There are more than 75 public events taking place in honour of African Heritage Month. Coming up this week:

- **Feb. 5:** African Drumming, Woodlawn Public Library, 7 p.m.
- **Feb. 6:** National African American Read-In (Ages 0-5), Alderney Gate Public library, 9:45 a.m.

for groups, 10:30 a.m. for families and individuals

- **Feb. 6:** Amazing African Animals (ages 0-5), Sackville Public Library, 10:30 a.m.
- **Feb. 8:** No One Can Define Me: The Films of Winston Washington Moxam Carbon Arc Cinema, Museum of Natural History auditorium at 7 p.m.

Departing Halifax. Airline may sue family after flight diverted to Bermuda due to alleged smoking

A Canadian tour operator says it's considering suing a Cape Breton family for the estimated \$40,000 cost of a flight diversion to Bermuda caused by what it claims was unruly behaviour and smoking during the trip.

Daryl McWilliams of the Sunwing Travel Group says the plane was flying from Halifax to the Dominican Republic and was forced to make an emergency landing at L.F. Wade International Airport in Hamilton, Bermuda, on Friday.

McWilliams said the airline had to put up 180 passengers overnight and bring in a mechanic — and it may try to recover those costs in a civil action.

He said from Toronto that the airline decided to land because flight attendants believed the family was smoking. He said he understood it was done openly. However, a charge of smoking on the aircraft was denied by a family member and then dropped.

Quoted

"Even though all offences before this court are serious, given the human element of this, the court may consider that this is a one-off and unlikely to happen again."

Lawyer Victoria Pearman

The plane resumed its journey on Saturday afternoon.

But three members of a four-person family were arrested by the Bermuda police and appeared in Magistrates' Court in Hamilton, Bermuda, to face charges on Monday.

Prosecutor Carrington Mahoney alleged that David McNeil Sr., 54, Donna McNeil, 52, and David McNeil Jr., 22, disobeyed orders to return to their seats after a dispute with flight attendants about using the lavatories during takeoff.

THE CANADIAN PRESS



Freedom! Horrible, horrible freedom!

School-age kids take cover from a blast of snow during a skate on the Emera Oval Monday. School was cancelled in HRM Monday, thanks to a messy winter storm that brought strong winds with gusts of up to 70 km/h. JEFF HARPER/METRO

Vendors. New hours for Seaport Farmer's Market

The Seaport Farmer's Market hours of operation are changing, effective Tuesday, while a number of renovations take place.

A release from the Halifax Port Authority says inside vendors will now operate from 10 a.m. to 5 p.m. Friday, 7 a.m. to 4 p.m. Saturday and 8 a.m. to 4 p.m. Sunday.

Storefront vendors will maintain their regular days and hours of operation.

The new hours are ex-



The Seaport Farmer's Market METRO

pected to remain in effect until April.

METRO

Halifax police. Nearly 50 charged with impaired driving in January

Police in Halifax charged 42 people with impaired driving in January.

Twenty-four of the drivers are male and 18 are female. They range in age from 16 to 66 years old.

Sixteen of the accused were identified at traffic stops, 12 after motor-vehicle collisions. Concerned citizens who called 911 led police to another 14.

Driving suspensions

37

Another 37 people were also handed driving suspensions ranging from 24 hours to 15 days.

Blood-alcohol levels ranged from 0.09 to 0.29. The legal limit is 0.08. METRO

StFX. New contract offer expected for striking professors, academic staff

The union for about 400 striking professors and academic staff at Nova Scotia's St. Francis Xavier University says the school's administration will table a new contract offer on Tuesday.

In a news release the St. Francis Xavier Association of University Teachers says the school has committed to offering a "complete package."

The move comes after talks

between the two sides on Sunday. The association says the talks focused on retirement incentives and other issues.

In a statement, association president Peter McInnis says it's hoped a tentative agreement can be reached.

The professors hit the picket line one week ago in an effort to win higher wages and benefits for part-time staff.

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Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal justice system and to stiffen penalties for child sex predators are important — if overdue — initiatives, two abused former hockey players said Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-

crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority: currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

THE CANADIAN PRESS



Former NHLer Sheldon Kennedy, left, at a conference with Justice Minister Rob Nicholson in Toronto on Monday. COLIN PERKEL/THE CANADIAN PRESS

Authorities storm bunker in Alabama; Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Authorities stormed an underground bunker Monday in Alabama, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who had kidnapped the child from a school bus after killing the driver.

Dykes had been seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable



Officers decided the boy was in imminent danger after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

TV but no toilet. It was about four feet underground, with about 50 square feet of space.

Authorities said the kidnapper appeared unharmed. He was taken to a hospital in nearby Dothan. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder (ADHD).

FBI bomb technicians were

checking the property for explosives and planned to look more closely at the scene when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

Ronda Wilbur, a neigh-

bour of Dykes who said the man beat her dog to death last year with a pipe, said she was relieved to be done with the stress of knowing Dykes was patrolling his yard, ready to shoot at trespassers.

"The nightmare is over. It's been a long couple of years of having constant stress," she said. THE ASSOCIATED PRESS

Social media reveals social disorders

Between all the TGIF posts and baby pictures, your Facebook friends could be dropping clues about their mental states.

In fact, social media could help give therapists a more complete view of patient health, according to a study from the University of Missouri.

"The beauty of social media ... is that it removes some of the problems associated with patients' self-reporting," study leader Elizabeth Martin, doctoral student in the psychological science department, said in a release.

The study, published in the journal *Psychiatry Research*, involved more than 200 col-

lege students. Researchers compared Facebook activity to signs of schizotypy — a range of symptoms including social withdrawal and odd beliefs.

People with social anhedonia — the inability to experience pleasure — had fewer Facebook friends, communicated less and shared

fewer photos, the researchers said.

While participants had the option of hiding things before submitting to researchers — a sign of paranoia, according to the study — what they chose to reveal suggests people may be more comfortable sharing online than in person. TORSTAR NEWS SERVICE

News views



1 Washing up in space? Simple.

Canadian astronaut Chris Hadfield squeezes a bag of no-rinse body bath, answering a question on hygiene from grade 5 and 6 students in Ottawa last week. SCREEN GRAB

2 Phone me up? Engage.

Star Trek icon William Shatner will phone Chris Hadfield aboard the International Space Station on Thursday. THE ASSOCIATED PRESS FILE

3 Ethnocide in Quebec? Study.

A report unveiled Monday identifies 92 ways in which Canada hinders Quebec's development, citing the long-gun registry, energy policy and new federal ridings. The study was partially funded by political parties including Premier Pauline Marois's Parti Québécois. THE CANADIAN PRESS FILE

4 Fall from space? Fast.

Skydiver Felix Baumgartner was faster than he or anyone else thought when he jumped from 37 kilometres up. According to the official numbers released Monday: 1,357 km/h, or Mach 1.25. SCREEN GRAB

5 Economic ad spending? High.

Annual spending by HRSDC on ads promoting economic success is up an average 72 per cent since the 2008 collapse, compared to the five years before it; for the Finance Department, 58 per cent; for the Canada Revenue Agency, almost triple. ADRIAN WYLD/THE CANADIAN PRESS

Air Canada's heavy maintenance must be done at home, court says

Quebec Superior Court. Judge says federal law requires airline to do overhaul work at three Canadian facilities

Quoted

"If Air Canada wants to modify its business plan so significantly, it must be supported by a legislative change."

Justice Martin Castonguay, in his 39-page ruling on the Air Canada case

Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada, the Quebec Superior Court ruled on Monday.

In his ruling, Justice Martin Castonguay said the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg, along with Mississauga, Ont., where smaller overhaul work was completed by Aveos Fleet Performance until it closed last year.

Quebec's former Liberal government launched a lawsuit against the airline last April following the closure of Aveos, whose bankruptcy resulted in 2,600 employees losing their jobs, including 1,800 in Montreal.

Aveos had announced plans

to liquidate its assets under the Companies Creditors' Arrangement Act on March 20, citing a decline in business from Air Canada. Various parts of Aveos have been sold off to businesses in Canada and abroad.

"The court concludes that Air Canada doesn't respect the law put in place when it privatized in 1988," the judge wrote.

Castonguay said Parliament couldn't have envisioned 25 years ago that the carrier would let go highly specialized jobs in Canada, only to create the same specialized jobs abroad.

After Aveos closed, Air Canada gave American company AAR a five-year renewable contract to maintain its airplanes in a specially built facility in



Locked-out Aveos workers protest on Parliament Hill last March. Aveos undertook aircraft-overhaul work for Air Canada until it closed last year. Now, a Quebec judge has ruled that federal law requires the airline to keep such operations in this country, and the union representing the workers says it hopes the ruling will "get our guys back to work." THE CANADIAN PRESS FILE

Duluth, Minn., that employs 350 workers.

"If Air Canada wants to modify its business plan so significantly, it must be supported

by a legislative change," Castonguay added.

"Air Canada will be appealing this Quebec Superior Court decision, given the importance

of the matter, and makes no further comment at this time," spokeswoman Isabelle Arthur wrote in an email.

THE CANADIAN PRESS

Jumping java. Second Cup will raise coffee prices

Second Cup is increasing prices for coffee on Feb. 18, but it's not telling customers by how much. Signs are up at some of the stores, advising customers of the increase.

Second Cup says the price hike was caused by the "continuing increase in raw materials and operating costs," but won't say specifically what factors are contributing to the increase, or how much prices will rise.

"We are still trying to determine the exact price change and this won't be known until closer to Feb. 18," said Jessica McGraw of Harbinger Communications, the firm that handled the request on behalf of Second Cup. "We just wanted to give consumers fair warning that a change was happening."

Second Cup won't say when it last raised prices for coffee or baked goods.

Tim Hortons spokeswoman Michelle Robichaud said its coffee prices were last increased in April 2011.

TORSTAR NEWS SERVICE

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: Beer.

The Juneau-based beer-maker has installed a unique boiler system to cut its fuel costs. It purchased a \$1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam that powers the majority of the brewery's operations.

Company officials joke they are now serving "beer-powered beer."

The problem of what to do with spent grain was seemingly solved decades ago by breweries operating in the Lower 48. Most send the used grain, a good source of protein, to nearby farms and ranches to be used as animal feed.

But there are only 37 farms in southeast Alaska and 680 in the entire state as of 2011, and the issue of what to do

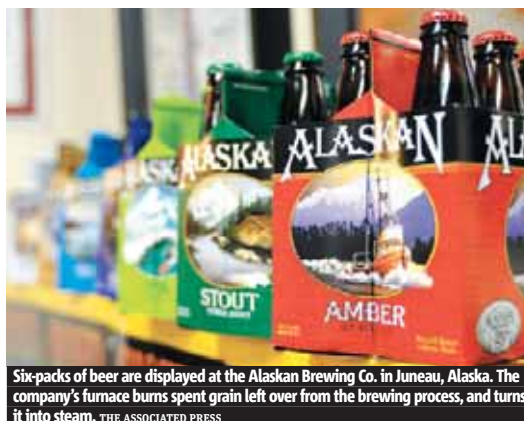
By the numbers

\$450K

Brandon Smith, the company's brewing operations and engineering manager, estimates the new system will offset the company's yearly energy costs by 70 per cent, amounting to almost \$450,000 a year.

with the excess spent grain — made up of the residual malt and barley — became more problematic after the brewery expanded in 1995.

The Alaskan Brewing Co. had to resort to shipping its spent grain to buyers in the Lower 48. Shipping costs for Juneau businesses are especially high because there are no roads leading in or out of the city. Everything has to be flown or shipped in. However, the grain is a relatively wet byproduct of the brewing process, so it needs to be dried before it is shipped — another



Six-packs of beer are displayed at the Alaskan Brewing Co. in Juneau, Alaska. The company's furnace burns spent grain left over from the brewing process, and turns it into steam. THE ASSOCIATED PRESS

heat-intensive and expensive process.

"We had to be a little more innovative just so that we could do what we love to do, but do it where we're located," Alaskan Brewing co-founder Geoff Larson said.

So four years ago, officials at the Alaskan Brewing Co. started looking at whether it could use spent grain as an in-house, renewable energy source and reduce costs at the same time.

THE ASSOCIATED PRESS

New regulations

U.K. banks aren't 'too big to fail'

Britain's treasury chief warned the country's banks Monday they face being broken up if they fail to protect their retail operations from their riskier investment

arms. In describing the new regulatory measure, George Osborne told JPMorgan executives the days of banks being "too big to fail" are over in Britain, and taxpayers shouldn't be expected to bail out the lenders. The next time a crisis hits, he wants more options.

THE ASSOCIATED PRESS

Inflation spiral

Argentina freezes supermarket prices

Argentina announced a two-month price freeze on supermarket products Monday in an effort to break spiralling inflation.

The price freeze applies to every product

in all of the nation's largest supermarkets. The commerce ministry wants consumers to keep receipts and complain to a hotline about any price hikes they see before April 1. Private economists estimate inflation in Argentina could reach 30 per cent this year.

THE ASSOCIATED PRESS

Market Minute



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IT'S TIME TO THROW OUT THAT LIFE SCHEDULE



**SHE
SAYS...**
Jessica Napier
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If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that there's a threshold beyond which the sum of your ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who have actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally constructed life schedule.

But here's the thing about relationships: They don't unfold according to a perfectly predictable script. They are messy and complicated, and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in seemingly random order. In my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she's pregnant, I have to take a beat to assess whether she thinks that's a good thing. But even though our existing in various stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferable even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on
Twitter @MetroSheSays

Take social convention and toss
it out with yesterday's trash.

GETTY IMAGES

Just chillin' at the car park



UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Little doubt

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a distant living relative of Richard's sister. The project's lead geneticist, Turi King, said Ibsen — a Canadian carpenter living in London, England — shares with the skeleton a rare strain of mitochondrial DNA. His father Norm still lives in London, Ont.

King said that between one and two per cent of the population belongs to



Michael Ibsen GETTY IMAGES

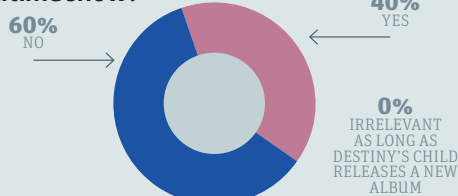
this genetic sub-group, so the DNA evidence is not definitive proof in itself of the skeleton's identity. But combined with the archaeological evidence, it left little doubt the skeleton belonged to Richard.

THE ASSOCIATED PRESS



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Do you think Beyoncé was lip-syncing
during her performance at the Super Bowl
halftime show?



Twitter

@butterfield888:

Good Grief... it took about 14 people + 200 hrs to perfect Beyoncé's look + create outfits for Kelly Rowland, Michelle Williams and dancers.

@ashleehalifax:

Apparently today is "Give-an-answer-that-has-nothing-to-do-with-the-question" day. #Face-Palm

@jwilly111:

When are we going to start seeing the rewards of the #ship

building contract? #shipsstarthere #novascotia #halifax

@alexiclea:

All side streets near Dal are ice death traps #Halifax

@bencaplanmusic:

So grateful to #Halifax for the amazing run of shows. I'm looking forward to Moncton Tuesday, Charlottetown Wednesday and Montreal Friday!

DVD review

Flight

Director: Robert Zemeckis

Stars: Denzel Washington, Don Cheadle, Nadine Velazquez

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's *Cast Away*. But *Flight*'s high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene



NED EHRBAR
Metro World News in Hollywood

CBS's hit *Elementary* — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as

well."

Moriarty is indeed coming: "We cannot wait to get more serious about Moriarty," Doherty admits. "In this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where



Will *Elementary* get a big boost from its post-Super-Bowl slot? HANDOUT

we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going

to open that much wider for having met this character. And we're lucky enough to have John Hannah (*Spartacus*) playing that role."

2
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Styles finds silliness in celebration striptease



Harry Styles. ALL PHOTOS GETTY IMAGES

One Direction's Harry Styles celebrated his 19th birthday Friday with the help of a stripper, a gift sent over from a London radio DJ, according to Sun. Styles, for his part, found the act more comical than sexy. "It was great. I was in stitches. It was really funny," Styles tells the newspaper of the act, in which the woman was dressed as a cop. "The

funniest part was that when she finished, she said, 'I'm really sorry. I couldn't find my truncheon, so I had to bring my nunchucks.' That was a bit weird." And lest any of his young fans think anything too untoward happened: "She stripped down to her underwear," according to Styles, "but unfortunately there was a no-nudity policy in the bar."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So Katie's got her groove back?



THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," a source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman,



she has no one controlling her nowadays, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.



Demi Moore

Demi hoping for Moore than just a discount?

Demi Moore is spending more time with restaurateur Harry Morton, fueling speculation that the pair is getting serious, according to Us Weekly. Donning a tight dress and five-inch heels, Moore joined Morton for a cosy dinner at a West Hollywood restaurant this weekend. "She looked really very happy," a source says. Sources seem to be conflicting each other on the nature of Moore and Morton's relationship, with E! News reporting that they've been quietly dating for months while Us Weekly's sources insist they "are absolutely not dating."

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Wheat Belly fact vs. fiction

How bad is it?

In his best-selling book, *Wheat Belly*, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice



ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating

a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease.

We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.



It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:

"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

You could lose 25 to 30 pounds in 3 to 6 months

"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:

"Yes! A lot of those who cut out wheat go, 'What do I eat now? Put a baguette in front of me and I'll go through it like a Japanese bullet train.' People start replacing wheat with proteins and vegetables."



Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:

"Yes! People want bread — so they buy the gluten-free version, convinced they're making the 'healthier' choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:

"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."



... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardiovascular disease."

What the nutritionist says:

"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

3 TIMES

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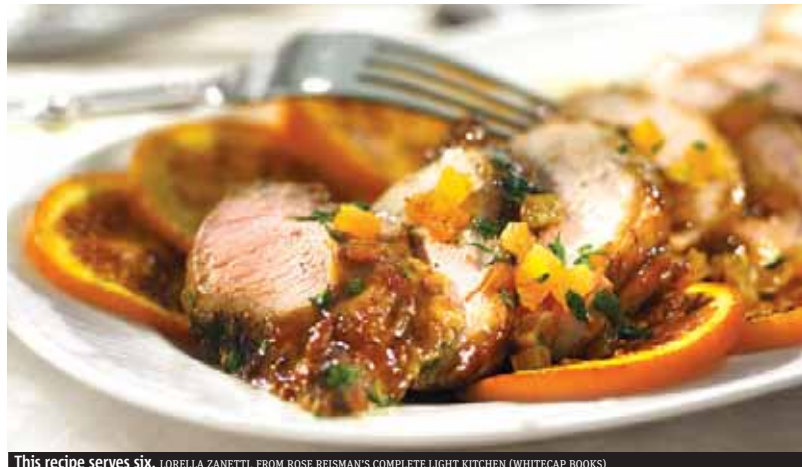
Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots



This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

can safely be eaten medium or medium-rare.

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for

about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze overtop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is

needed for good digestion. Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

1. Dandelion greens
2. Arugula
3. Broccoli Rabe (Rapini)
4. Curly Endive
5. Radicchio

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

Theresa Albert is a Food Communications Consultant and Private Nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Lunch. Thai Chicken & Grapefruit Salad

1. Combine chicken with 1 tbsp (15 ml) of the canola oil, grapefruit juice, curry paste and 2 tsp (10 ml) of the ginger. Coat evenly. Set aside.

2. In bowl, whisk remaining oil, ginger, fish sauce, vinegar and sugar. Set aside.

3. Cook noodles for 2 minutes. Drain, rinse and place in bowl. Add grapefruit, red pepper, bean sprouts, peanuts and green onion. Drizzle with dressing, toss well and set aside.

4. In a skillet, set over medium-high heat, stir fry

chicken for about 8 minutes, until no longer pink. Spoon over noodles and toss. Sprinkle

with mint before serving.

NEWS CANADA

Ingredients

- 12 oz (375 g) boneless skinless chicken breasts, thinly sliced
- 3 tbsp (45 ml) canola oil, divided
- 2 tbsp (30 ml) 100% Florida grapefruit juice
- 2 tbsp (30 ml) Thai red curry paste
- 1 tbsp (15 ml) grated fresh ginger, divided
- 1 tbsp (15 ml) fish sauce
- 1 tbsp (15 ml) rice vinegar
- 1/4 tsp (1 ml) granulated sugar
- 6 oz (180 g) rice stick noodles
- 2 Florida ruby red grapefruits, peeled and segmented
- 1 small red bell pepper, thinly sliced
- 1 cup (250 ml) bean sprouts
- 1/4 cup (50 ml) chopped peanuts
- 1 green onion, thinly sliced
- 2 tbsp (25 ml) chopped mint

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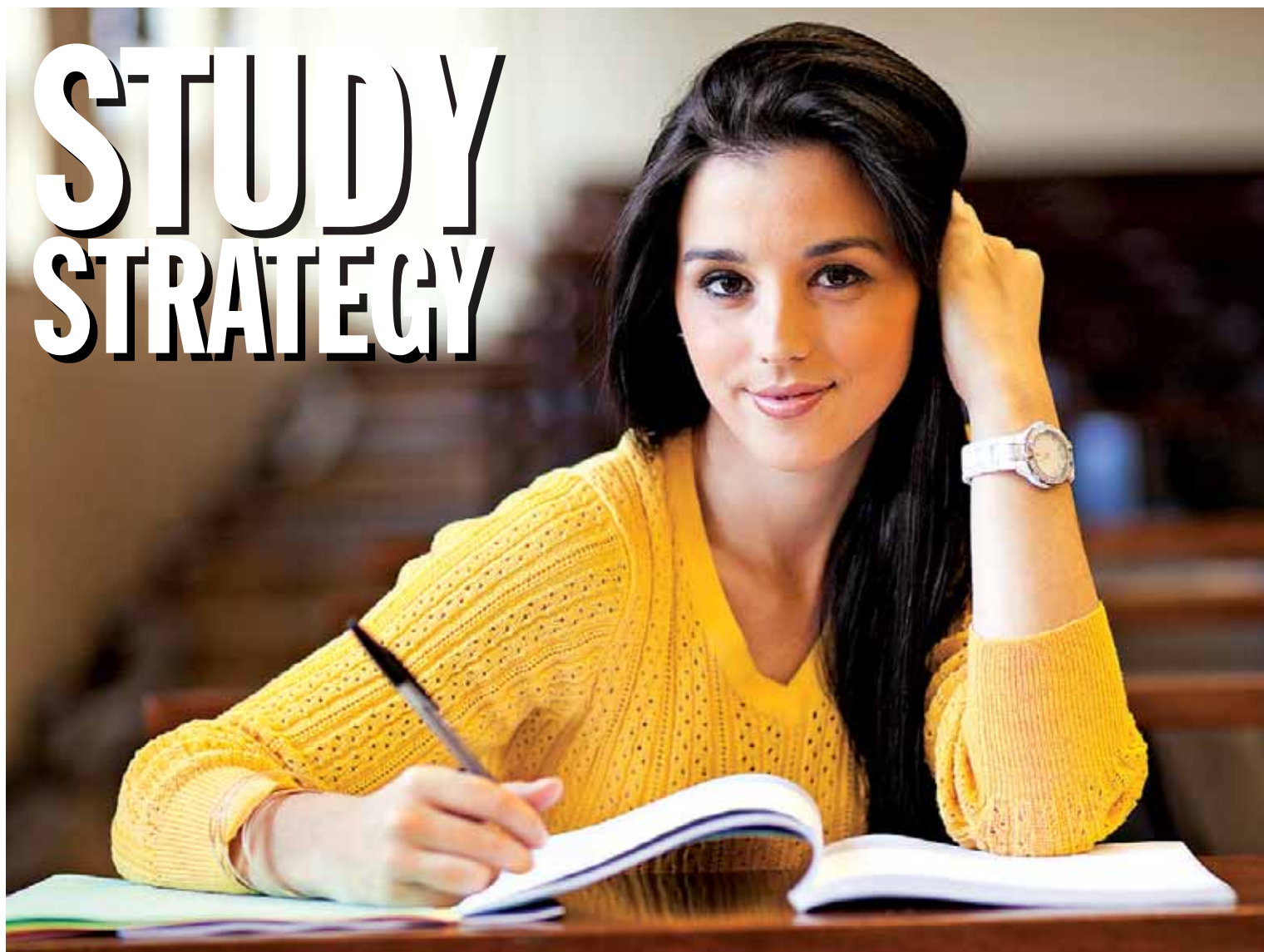
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ISTOCKPHOTO/THINKSTOCK

STUDY STRATEGY

PREPARE SLOWLY FOR YOUR MIDTERMS, STUDY DURING THE DAY ARE JUST A FEW TIPS

Studying smartly and eating right can improve your grades more than energy drink-fuelled cram sessions, experts say.

Prepare slowly for your midterm exams, says Elspeth Christie, a learning strategies expert at Queen's University. Go back over all of your notes and compare them with the notes of a classmate. Edit them to concise summaries. Think about what the professor emphasized in class. Ask and answer exam-style questions.

"This starts the process of moving material from your short-term memory, which only lasts about 24 hours, to your long-term memory," she explains.

Christie notes research shows studying in the daytime boosts your ability by 10 per cent. "This is why the February blahs are really bad, because there is not a lot of daylight. We recommend building into your schedule this nine-to-five workday."

Speaking of time, she says the average attention span is about 30 to 50 minutes. After that, you are talking to a wall. Take hourly breaks to walk around the block

or make a cup of tea. It will refresh your brain.

If you do find yourself cramming, use the syllabus as your guide to the core material. Spend 75 per cent of your time drilling on key points. Use your smartphone to record yourself reciting your key notes and then listen to it as you walk around.

Finally, Christie suggests getting seven or eight hours of sleep. Pulling an all-nighter and writing an exam is the brain equivalent to testing drunk. Both are bad ideas.

Jeremy Koenig, assistant professor in the applied human nutrition program at Mount Saint Vincent University, urges students to check out the Canada Food Guide and shift their core eating away from fast foods and towards fruits and vegetables. Healthier food makes for a healthier brain that better absorbs material.

Instead of ordering pizza, invite your study group to your place and prepare a meal as part of the evening. Also, cut back on booze. "It's an inhibitor of brain

performance. Metabolizing alcohol will steal vitamins," Koenig says.

Use energy drinks with caution, he urges. This may be obvious, but energy drinks block your brain's ability to get tired.

"Sometimes you need that," Koenig says, because prolonged dependence on

energy drinks will lead to your energy crashing, which will make energy drinks more desirable, fuelling the cycle.

Koenig recommends students hit the grocery store before a study session to stock up on baby carrots, bell peppers and broccoli. Use them as snack foods instead of chips and chocolate bars. — Jon Tattrie

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RRSP GUIDE

Tuesday, February 5, 2013



Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. Also, figure out your risk tolerance and identify your goals. ISTOCKPHOTO/THINKSTOCK

Helpful tips for new investors

JANE
DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfoyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's

important that the person has the required designations, such as certified financial planner or chartered financial analyst," Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of

financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose

the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable

GICs (guaranteed investment certificates) or conservative mutual funds. "It's important to have a comprehensive conversation up front about goals and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education?

The first step is to decide what you want that pool

of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to \$25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to \$20,000 through the Lifelong Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future. When your portfolio does dip, don't panic — the dips will be temporary. "Don't jump in and out of investments because you're nervous about market performance," Guilfoyle cautions.



Refund. Wise ways to put your money to work

JANE
DOUCET
For Metro

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has

these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments,

rent, food and utilities. Most people turn to debt — credit card or line of credit — in a financial crisis; having a sizable emergency fund in place means you shouldn't have to.

2 Make a lump-sum payment on your mortgage. If you do this every year that you receive a refund, the reduction in payments will add up over time. "That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start an-

other complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's

going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent. "Tell them how much the refund is and say you'd like their help on how the family should spend it," Holmes-Winton says. "Kids can come up with some fantastic ideas."



The sooner you start investing and building an RRSP, the sooner you can start taking advantage of compound interest. BRAND X PICTURES/THINKSTOCK

Get interested in saving early

If you have heard it's better to start putting money into RRSPs early in life, you heard right. But how young can you be when you start? And how much money do you need to invest during those early days?

"You can begin accumulating RRSP contribution room as soon as you file your first tax return, and you may open an RRSP as soon as age 18, depending on your financial institution's policy," says Robert McCullagh, a Calgary-based certified financial planner with Benefit Planners Inc. and a past chair of Advocis, The Financial Advisors Association of Canada.

The beauty of socking cash into an RRSP early in life is what's called compound interest. "That means the RRSP earns interest on the interest it earned in a previous period," McCullagh says. "It's exponential growth over time."

McCullagh offers these tips to getting into the RRSP game sooner rather than later:

\$15 or \$25 per month until you start earning more. "I tell my clients that it's important to do something rather than nothing, and sooner rather than later," McCullagh says. "Saving consistently annually will give you retirement income indefinitely."

Consider an RRSP loan

In some cases, it might be to your advantage to borrow money to contribute to your RRSP.

"While you should use the RRSP receipt for the same period of time as the loan payments," McCullagh says, "the refund can be used to pay down debt, invest in a tax-free savings account or spend."

Form good financial habits

If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. "For example, when you get a raise at work, give your RRSPs a raise," McCullagh says.

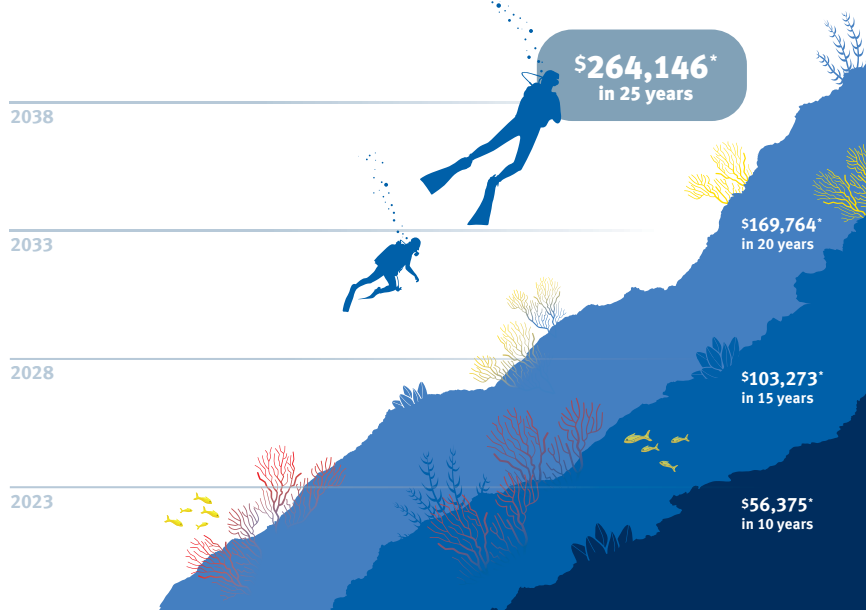
When you see the positive results of your healthy financial habits, it will motivate you to continue them.

JANE DOUCET



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Investing in your future savings can lead to varying strategies, depending on your age. FIXLAND/THINKSTOCK

Strategies for life's stages

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Smart Investing

With more and more evidence that Canadians are not financially preparing for retirement, the need to start saving earlier in life and put in place sound financial registered retirement savings plan (RRSP) strategies are becoming increasingly important.

A recent annual survey by BMO Financial Group found that the number of Canadians who have an RRSP is increasing. Unfortunately, most are not contributing anywhere near the maximum they can.

The report found that 67 per cent of Canadians have an RRSP, up six per cent from 2011, and 72 per cent expect to contribute the same amount as they did last year. However, the annual contribution last year was only \$4,670 — about 21 per cent of the annual allowable contribution room — and industry reports now suggest that total unused RRSP contributions will hit \$1 trillion by 2018.

"The trend is encouraging, but it is not moving fast enough," says Steve Shepherd, vice-president and investment strategist with BMO Global Asset Management.

Only 49 per cent of young Canadians between the ages of 18 and 34 plan to open an RRSP in the next five years, and a little more than half of that age group plan to, or have been making contributions toward their RRSPs. Only 30 per cent know the size of their annual RRSP contribution limit.

Young people in their 20s often make the mistake of not



There are a number of ways to save for your future. JUPITERIMAGES/CREATAS

investing because they don't feel they have enough money at that stage in their lives to make it worthwhile.

"Forty per cent don't feel they have enough saved to invest," Shepherd says. "But it's important to get into the savings habit, even if it's only \$50 a month because what's important in investing is how long you're in the market. The sooner you get started the better."

A portfolio at that stage of life could typically be more heavily weighted to long-term equities, but the decision often will be determined by an individual's risk tolerance. Given the current low interest rate environment, long-term returns can be a lot higher than what you can get from fixed income, overcoming inflation and still pro-

viding a real return.

"In the 20s, a lot of people might have a figure in mind that they need for retirement, but as their lifestyle builds by the time they hit 55 they realize that figure won't do and they should have been saving more and should have tweaked their plan," says Bill Jack, Toronto regional director with Investors Group. "A plan has to be fluid and change over time."

In their 30s and 40s, people tend to get married, have children, buy a house or condo and one of the spouses or partners may leave the workforce, resulting in higher household debt and lower income.

In this stage of life there may be more opportunities to save through other options like the tax-free savings account and registered educa-

tion and registered disability savings plans.

"These are all available, but you need to have a sound budget," Shepherd says. "A portfolio would typically become more conservative with less volatility but still with some growth — perhaps about 55 per cent in equities and 45 per cent in fixed income including about 25 to 30 per cent in bonds."

Portfolios during the 50s and 60s would typically become more balanced, shifting away from volatility and equities and more into fixed income. A lot of people make the mistake of just looking at what kind of returns they think they will need in retirement without factoring in other influences such as inflation.

After age 65, the primary financial focus generally is on generating a steady income stream and protecting it from the ravages of inflation and taxes.

And seek the help of a professional adviser.

"Studies have shown that investors who work with an adviser get three to six times more in investment capital," Jack says.

"The reason is that they make you go through the exercise of setting goals and then ensure checks and balances are in place to help you get there."

THE CANADIAN PRESS
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QMJHL

Fucale, Drouin named QMJHL stars of the week

Two members of the Halifax Mooseheads have been named stars of the week in the Quebec Major Junior Hockey League.

Netminder Zach Fucale has earned first-star honours while forward Jonathan Drouin is the league's third star.

Fucale registered two road wins for the Mooseheads last week, stopping 61 of 62 shots. That includes 26 saves in a shutout win over the Chicoutimi Saguenéens on Thursday, and 35 stops in a 3-1 victory over the Baie-Comeau Drakkar on Friday.

As for Drouin, he finished with six points in two games, and was a plus four. He had two goals and two assists against the Saguenéens and a goal and an assist against the Drakkar.

Drouin is now tied for seventh in league scoring with 27 goals and 68 points. Gatineau Olympiques rookie forward Martin Reway was the league's second star after recording four goals and two assists in two games. **METRO**

NBL Canada

Rainman named player of week

Melvin Goins of the Halifax Rainmen has been named the National Basketball League of Canada's player of the week.

The 5'11 guard came off the bench and had 22 points and 10 rebounds in the Rainmen's 108-103 win over the Moncton Miracles last Thursday at the Metro Centre.

He is the second Rainmen to win the award this season, with the other being Quinell Brown in late December. **METRO**



Carolina Hurricanes centre Jordan Staal scores on Toronto Maple Leafs goaltender James Reimer in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

Home-ice disadvantage

NHL. Leafs continue woes in Toronto as they suffer fourth loss in five games at ACC

The Air Canada Centre has not been kind to the Toronto Maple Leafs early in the NHL season.

Following Monday's spirited first period where the Leafs played some of their best hockey on home ice of the young campaign, things came unglued in the second as Jordan Staal scored his first with the Hurricanes and his brother Eric added the winner in Carolina's 4-1 victory.

The loss dropped the Maple Leafs (4-5-0) to just 1-4-0 at home following a perform-

On Monday

4	1
Hurricanes	Maple Leafs

ance that was, from a Toronto perspective, at times frustrating, sloppy and undisciplined.

"We can play for stretches in this building, but it seems that when it starts to go the other way on us we don't seem to be able to pick ourselves back up and say 'Hey stop it. This is what we've got to do to correct it,'" Leafs coach Randy Carlyle said. "The turnovers are the most disturbing thing for me. As a coach you want

to limit those turnovers and those are the most disturbing things."

Trailing 1-0 after the first, the Hurricanes tied it just 1:21 into the second. After Jeff Skinner beat out an icing call, Patrick Dwyer fed an unmarked Jordan Staal in front for his first goal with the Hurricanes since coming over in a trade with the Pittsburgh Penguins at June's NHL draft. Staal also picked up an assist on Dwyer's third-period goal.

"It was nice to get a goal to get us going," he said. "As a Hurricane, it was nice to get that first one and hopefully many more after that."

Eric Staal hit the post a few minutes later as the Hurricanes rebounded from a sluggish opening 20 minutes to grab momentum with the

first nine shots of the second period.

The Hurricanes' captain had better luck with his next chance to give Carolina (4-4-0) the lead with his seventh of the season at 10:21 on the power play. With Toronto's Jay McClement off in the box for unsportsmanlike conduct after giving Ward a snow shower, Staal walked out from the corner and saw his cross-crease pass deflect in off Leafs defenceman Mike Kostka.

Dwyer, with a goal and an assist, and Justin Faulk also scored for Carolina, which got 41 saves from Cam Ward. Skinner added three assists for the Hurricanes.

Matt Frattin scored the only goal for Toronto, with James Reimer making 35 stops in defeat. **THE CANADIAN PRESS**

Soccer officials envision CHL-style league



Ashtone Morgan of Canada makes a sliding tackle on Graham Zusi of the United States during a friendly match Jan. 29 in Houston. The Canadian Soccer Association wants to develop more local talent in a new league. BOB LEVEY/GETTY IMAGES FILE

Canadian Soccer Association president Victor Montagliani envisions a soccer league that functions like the Canadian Hockey League, with teams playing in several regional leagues and then meeting for a national title.

The CSA has released a 32-page report entitled A League of Our Own on the viability of a second-tier league. It's the national organization's latest attempt to develop a framework for players, building it in below Major League Soccer.

"The initial impetus of the report was this: for as long as I can remember, for maybe 100 years of our association, pro-

fessional soccer has come and gone and almost done whatever it has wanted in our territory without the CSA really looking at it," Montagliani said Monday on a conference call.

"We just felt it was time we looked at it from a national-body perspective."

The study, directed by former national team player James Easton, was to help identify the best pathway for Canada's young talented players to reach an elite level in soccer.

What this means for existing regional leagues like the Ontario-based Canadian Soccer League remains to be seen. **THE CANADIAN PRESS**

Recommendations

- The recommendation of the report has leagues operating in Canada's four largest soccer markets — Ontario, Quebec, B.C., and Alberta — with the focus on players aged 18-23.
- The four regional leagues would operate like the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League do in the CHL.

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4 SPORTS

Super Bowl officials left in the dark

Lights out. Culprit of power outage may not be known for days: Energy company exec

A big deal in Canada

18.2M

Overall, more than 18.2 million viewers in Canada watched some or all of the game on RDS or CTV, CTV said. The game attracted an average audience of 7.33 million viewers on those channels.

Who turned out the lights?

The day after the 34-minute blackout at the Super Bowl, the exact cause — and who's to blame — is unclear, though a couple of potential culprits had been ruled out.

It wasn't Beyoncé's electrifying halftime performance, according to Doug Thornton, manager of the state-owned Superdome, since the singer had her own generator. And it apparently wasn't a case of too much demand for power. Meters showed the 76,000-seat stadium was drawing no more electricity than it does during a typical New Orleans Saints game, Thornton said.

However, documents released Monday by the state board that oversees the Superdome show that stadium officials were worried about a power outage several months before the big game.

An Oct. 15 memo prepared for the Louisiana Stadium & Exposition District says that

tests on Superdome electrical feeders showed they had "some decay and a chance of failure."

The board later authorized spending nearly \$1 million US on Superdome improvements, including more than \$600,000 for upgrading the dome's electrical feeder cable system.

An attorney for the state board that oversees the Superdome said the blackout did not appear to be related to the replacement in December of electrical equipment connecting the stadium to Entergy. Officials with the utility and the Superdome noted that an NFL game, the Sugar Bowl and another bowl game were played there in recent weeks with no apparent problems.

The lights-out game Sunday proved an embarrassment



San Francisco 49ers kicker David Akers waits during a power outage Sunday during the Super Bowl in New Orleans. EZRA SHAW/GETTY IMAGES

for the Big Easy just when it was hoping to show the rest of the world how far it has come since Hurricane Katrina in 2005. But many fans and residents were forgiving, and officials expressed confidence that the episode wouldn't hurt the city's hopes of hosting the championship again.

To New Orleans' great relief, NFL Commissioner Roger Goodell said the city did a "terrific" job hosting its first pro-football championship in the post-Katrina era, and added: "I fully expect that we will be back here for Super Bowls."

The problem that caused the outage was believed to

have happened around the spot where a line that feeds current from the local power company, Entergy New Orleans, connects with the Superdome's electrical system, officials said. But whether the fault lay with the utility or with the Superdome was not clear.

Determining the cause will probably take days, according to Dennis Dawsey, a vice-president for distribution and transmission for Entergy.

Sunday's Super Bowl was New Orleans' 10th as host, and officials plan to make a bid for an 11th in 2018.

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Horoscopes

Aries

March 21 - April 20

The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

Taurus

April 21 - May 21

Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

Gemini

May 22 - June 21

Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

Cancer

June 22 - July 23

You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

Leo

July 24 - Aug. 23

No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

Virgo

Aug. 24 - Sept. 23

Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

Libra

Sept. 24 - Oct. 23

Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

Scorpio

Oct. 24 - Nov. 22

Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

Sagittarius

Nov. 23 - Dec. 21

If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

Capricorn

Dec. 22 - Jan. 20

Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

Aquarius

Jan. 21 - Feb. 19

The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

Pisces

Feb. 20 - March 20

Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. **SALLY BROMPTON**

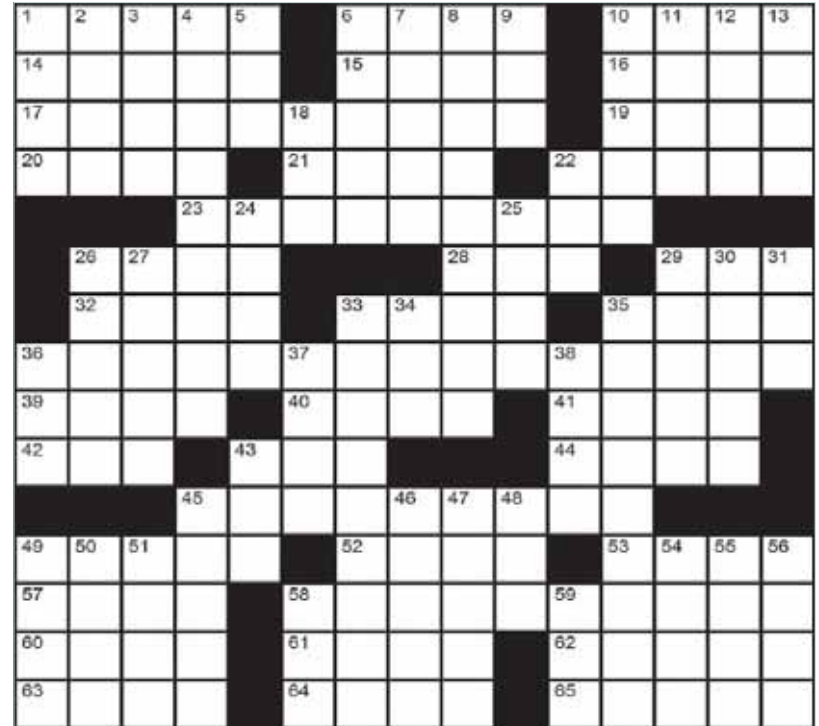
Crossword: Canada Across and Down

Across

1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _____'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, ___ _ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'___ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "___ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew ___
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergenic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

Down

1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. ___etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason

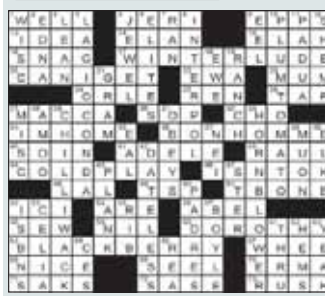


5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engined bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product

24. "___ Flux" (2005)
25. Port city of Algeria
26. ___ Bay, British Columbia
27. ___ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "___ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'

43. "___ voyage!"
45. Hamilton's ___ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. ___-Cat (Ski hill machine)
49. ___ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "___-ching!"
59. Name: French

Yesterday's Crossword

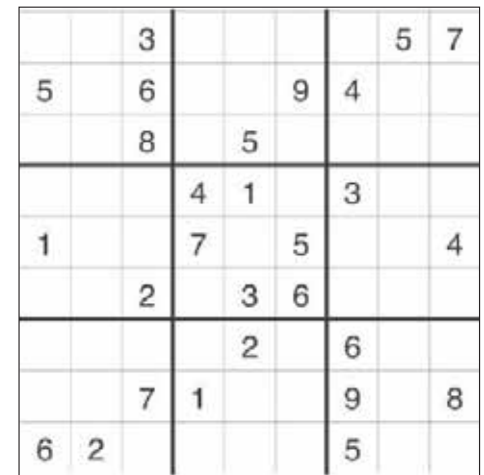


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-9°/-14°

Mainly sunny

Wednesday

-7°/-16°

Cloudy

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